

## **LEAD POISONING:**

### **The #1 environmental threat to children in the U.S. !**

A child's body absorbs lead much more readily than that of an adult. Even tiny amounts of lead can cause permanent and irreversible harm to a child's brain and nervous system.

### **YOUR ROLE AS A CHILD-CARE PROVIDER:**

- Keep your facility clean and free of dust
- Wash toys, bottles, and pacifiers often
- Assist children in frequent hand washing
- Have children play in grassy areas or in clean sand
- Prevent children from chewing on painted surfaces
- Provide toys that contain NO lead paint
- Prevent children from putting paint, snow, grass, or dirt into their mouths
- Provide a diet that is low in fat and high in calcium, iron and vitamin C
- Do not store food in opened cans
- Wash fresh fruits and vegetables before serving
- Use cold water for drinking, cooking, and preparing formula
- Do not burn candles with leaded wicks



**Information On Maintaining a Lead-Free Child-Care Facility**  
**EAST HELENA LEAD EDUCATION & ABATEMENT PROGRAM**  
306 E. Main Street, Room 201  
406-457-8583